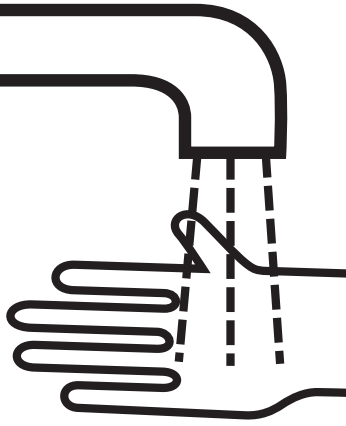


# **Wash Your Hands**

to prevent  
foodborne  
illness



## **Wash your hands**

immediately before all food preparation, including working with unpackaged food.

## **Wash your hands**

before dispensing or serving food.

## **Wash your hands**

before handling clean equipment, serving utensils, tableware or unwrapped single-service food containers.

## **Wash your hands**

during food preparation to remove soil or contamination and prevent cross-contamination when changing tasks. Wash your hands between working with raw food, such as hamburger and chicken, and working with ready-to-eat food such as sandwiches, tossed green salads and dinner rolls.

## **Wash your hands**

immediately after touching your hair, face or any other bare human body part.

## **Wash your hands**

after eating, drinking, smoking, coughing, sneezing or using a handkerchief or tissue.

## **Wash your hands**

after going to the bathroom. One out of 50 people pass billions of illness-producing bacteria in their feces even when they feel well. Toilet paper does not prevent dangerous levels of bacteria from feces or urine from getting onto your fingertips.

## **Wash your hands**

after any activity that may contaminate your hands.

For more information contact



County of San Bernardino • Department of Public Health  
DIVISION OF ENVIRONMENTAL HEALTH SERVICES

Visit our web site: [www.sbcounty.gov/dehs](http://www.sbcounty.gov/dehs)

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